

GYMNASTICS LESSON PLAN TEMPLATE

	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2 Upper body card game	3
Core	5 Lower body Dice Roll Game	6 Private Lesson 6:00pm	7 Upper body Dice Roll Game	8 Social media post	9 Core	10
Lower body card game	12 Upper body	13 Reevaluate lesson plans	14 Core	15	16 Lower body Leotard Deadline	17
Upper body	19 Core Dice Roll Game	20 Social media post	21 Lower body	22	23 Upper body	24 Private Lesson 2:00pm
Core	26 Lower body	27	28 Upper body	29 Team bonding night	30 Core	31 Social media post

TO DO:

- look at warm up jackets
- brainstorm new drills for lift on yurchenko
- set up parent meeting for Angie
- send out parent newsletter
- finish coaching development
- book hotel for first meet
- cut Maria's floor music

Recreational Gymnastics Lesson Plans

Aaron Beighle, Robert P. Pangrazi



Recreational Gymnastics Lesson Plans:

The Top Books of the Year Recreational Gymnastics Lesson Plans The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. Recreational Gymnastics Lesson Plans : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Recreational Gymnastics Lesson Plans : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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